

COME CELEBRATE

WORLD  
MATERNAL  
MENTAL  
HEALTH  
DAY

MAY 1, 2019

Come see us at Center Court in the Station Mall May 1, 2019 from 10-2 to talk about Maternal Mental Health! We will have moms and service providers there, great resources, and a special draw for mothers for a great self-care basket that this year includes gifts from The Ten Spot, Younique and more.

YOGA 4 YANA – this year is hosted by The Healing Loft – Entry by Donation. Email to register – [sarahcaicco@hotmail.com](mailto:sarahcaicco@hotmail.com)

Time: 7:15-8:30

Location: 719 Queen St.

YANA will be at Station Mall from 10-2 Center Court

Health Care and Service Providers will begin receiving Perinatal Mental Health Information Packages

YOGA 4 YANA Finish the day with a little self-care at the Healing Loft.

